

NOW Foods 0422

NOW Foods Vitamin B-50 Supplement Manual

Model: 0422 | 250 Veg Capsules

1. PRODUCT OVERVIEW

NOW B-50 Caps deliver a comprehensive blend of B-vitamins, along with Choline and Inositol. These essential nutrients are crucial for supporting the body's energy production processes, maintaining healthy homocysteine metabolism, and promoting the overall health of the nervous system. B-vitamins are water-soluble, meaning they are not extensively stored in the body (with the exception of B-12) and therefore require regular replenishment through diet or supplementation. For individuals following vegetarian diets, B-12 supplementation is particularly important as its primary dietary sources are animal-derived.

- **B-Complex for Maximum Effectiveness:** Provides a full complement of B-vitamins plus choline and inositol.
- **Supports Energy Production:** These vitamins contribute to energy metabolism and nervous system health.
- **Certifications:** Halal, Kosher, Non-GMO, Soy Free, Vegan.
- **Quality Assured:** Manufactured under NPA A-rated GMP certification, ensuring rigorous testing for stability, potency, and product formulation.
- **Family Owned:** Packaged in the USA by a family-owned and operated company since 1968.

2. IMPORTANT SAFETY INFORMATION

This product is labeled to United States standards and may differ from similar products sold elsewhere in its ingredients, labeling, and allergen warnings.

Caution: For adults only. Consult a physician if pregnant/nursing, taking medication, or if you have a medical condition. Keep out of reach of children. Natural color variation may occur in this product. Store in a cool, dry place after opening.

3. INGREDIENTS

Supplement Facts (Serving Size: 1 Veg Capsule)

Nutrient	Amount per Serving	% Daily Value
Thiamin (Vitamin B-1) (from Thiamin HCl)	50 mg	3333%
Riboflavin (Vitamin B-2)	50 mg	2941%
Niacin (Vitamin B-3) (as Niacinamide)	50 mg	250%
Vitamin B-6 (from Pyridoxine HCl)	50 mg	2500%
Folate (as Folic Acid)	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	833%
Biotin	50 mcg	17%
Pantothenic Acid (from Calcium Pantothenate)	50 mg	500%
PABA	25 mg	†
Choline (from Choline Bitartrate)	25 mg	†
Inositol	25 mg	†

† Daily Value not established.

Other Ingredients:

Cellulose (capsule), Cellulose Powder, Silica and Magnesium Stearate (vegetable source).

Allergen Information:

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

4. SUGGESTED USAGE

As a dietary supplement, take 1 capsule daily with a meal.

5. PRODUCT IMAGES



Detailed view of the Supplement Facts label for NOW B-50 Veg Capsules, showing nutrient amounts and daily values.

Vitamins

Family owned since 1968

Supplement Facts

Serving Size 1 Veg Capsule

	Amount Per Serving	% Daily Value
Thiamin (Vitamin B-1) (from Thiamin HCl)	50 mg	4167%
Riboflavin (Vitamin B-2)	50 mg	3846%
Niacin (Vitamin B-3) (as Niacinamide)	50 mg	211%
Vitamin B-6 (from Pyridoxine HCl)	50 mg	2941%
Folate (400 mcg folic acid)	680 mcg DFE	170%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	2083%
Biotin	50 mcg	167%
Pantothenic Acid (from Calcium Pantothenate)	50 mg	1000%
Choline (from Choline Bitartrate)	25 mg	5%
PABA (Para-Aminobenzoic Acid)	25 mg	1
Inositol	25 mg	1

† Daily Value not established.
Other Ingredients: Hypromellose (cellulose capsule), Ascorbic Palmitate, Maltodextrin, Silicon Dioxide and Hypromellose (cellulose).
Manufactured by NOW FOODS, 395 S. Glen Elyn Rd., Bloomington, IL 61810, USA. nowfoods.com
Made and quality tested in the USA with globally sourced ingredients.
Store in a cool, dry place after opening.

Capsule Size



Image illustrating the size of a NOW B-50 capsule with a ruler for scale, indicating it is approximately 1 inch long.

Certifications Matter

Intertek GMP certification means that every aspect of the NOW® supplement manufacturing process has been audited, including our laboratory/testing methods (for stability, potency, and product formulation).



Graphic highlighting the certifications for NOW products, including Intertek GMP certification, ensuring quality and safety standards.



Information detailing what is not included in NOW products, such as artificial colors, flavors, harmful levels of pesticides, and common allergens.

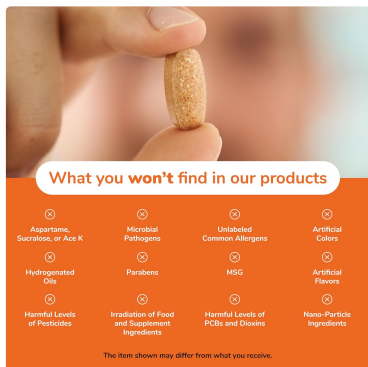


Image stating NOW's belief in the mission of Vitamin Angels since the beginning, highlighting their commitment to charitable giving.

6. PRODUCT VIDEOS

Video: An exclusive tour inside the NOW Foods facility, showcasing their operations and commitment to quality.

Video: A promotional video from NOW Foods titled "Quality Obsessed. Priced Less.", highlighting their product philosophy.

7. SPECIFICATIONS

- **Product Dimensions:** 2.81 x 2.81 x 5.13 inches; 0.63 ounces
- **Item Model Number:** 0422
- **Date First Available:** June 10, 2006
- **Manufacturer:** NOW Sports - Nutrition and Wellness
- **Brand:** NOW Foods
- **Item Form:** Capsule

- **Primary Supplement Type:** Vitamin B1 (Note: This is a B-Complex product containing multiple B vitamins)
- **Diet Type:** Halal, Kosher, Vegan
- **Flavor:** Unflavored

8. LEGAL DISCLAIMER

Statements regarding dietary supplements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

9. WARRANTY AND SUPPORT

Specific warranty information is not provided in the product details. For any product-related inquiries, support, or concerns, please contact NOW Foods directly through their official website or customer service channels. Always refer to the product packaging for the most current and complete information.